



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 35140, Bread, kneel down (Navajo)

Report Date: May 31, 2017 02:32 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	52.96	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Energy	kcal	195	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	816	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein ¹	g	4.29	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Total lipid (fat) ¹	g	2.21	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Ash ¹	g	1.07	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Carbohydrate, by difference	g	39.47	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Sugars, total ¹	g	3.74	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Sucrose ¹	g	2.22	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	0.82	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fructose ¹	g	0.70	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lactose ¹	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Maltose ¹	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Galactose ¹	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Starch ¹	g	28.25	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Minerals													
Calcium, Ca ¹	mg	5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Iron, Fe ¹	mg	1.11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Magnesium, Mg ¹	mg	55	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Phosphorus, P ¹	mg	164	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K 1	mg	320	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Sodium, Na 1	mg	126	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Zinc, Zn 1	mg	1.46	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Copper, Cu 1	mg	0.095	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Manganese, Mn 1	mg	0.303	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Selenium, Se 1	µg	11.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamins													
Thiamin 1	mg	0.120	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Riboflavin 1	mg	0.132	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Niacin 1	mg	2.490	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Pantothenic acid 1	mg	0.354	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total ¹	µg	98	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folate, food	µg	98	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin E (alpha-tocopherol) ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, beta ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, gamma ¹	mg	1.33	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, delta ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin K (phylloquinone) ¹	µg	0.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lipids													
Fatty acids, total saturated	g	0.353	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
8:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
10:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
14:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
15:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
16:0 1	g	0.286	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
17:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:0 1	g	0.048	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:0 1	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
22:0 1	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fatty acids, total monounsaturated	g	0.603	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
14:1 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:1 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
16:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
17:1 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:1 undifferentiated ¹	g	0.595	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:1 ¹	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fatty acids, total polyunsaturated	g	0.847	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
18:2 undifferentiated ¹	g	0.816	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 undifferentiated ¹	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 n-3 c,c,c (ALA) ¹	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 n-6 c,c,c ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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20:2 n-6 c,c ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:3 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:4 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Amino Acids

Other

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA American Indian/Alaskan Native Database - Navajo Foods 1999-2000, 2000 Beltsville MD